



We Make Your

We recognize that injuries to the spine are common to us all and the strengthening spinal misalignments. Many in our world are suffering people are taught Healthy Living Strategies in order

Hickory, North Carolina

The Six Major Pieces of the Healthy Living Puzzle





MINDSET

The difference
between non-
interference and
intervention as a
health
philosophy.

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SPINAL CARE

The importance
of proper
alignment as
well as the
problems that
can develop
when living with
a misaligned
spine.

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HABITS

Understand the
tools that are
available to
support all the
other puzzle
pieces.

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[SCHEDULE YOUR CONSULTATION TODAY](#)





Click here to
**Schedule an
Appointment**



Dr. Joseph E. Miles Jr., Upper Cervical Chiropractor

Diplomate in Chiropractic CranioCervical Junction Procedures

HEALTHY LIVING SPINAL CARE

1055 13th St., SE , Hickory, NC 28602

828-485-2990

Office Hours:

Monday: 9:00am - 6:00pm

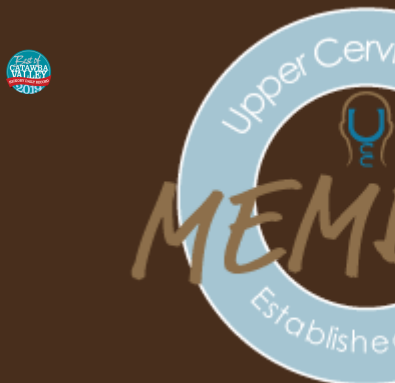
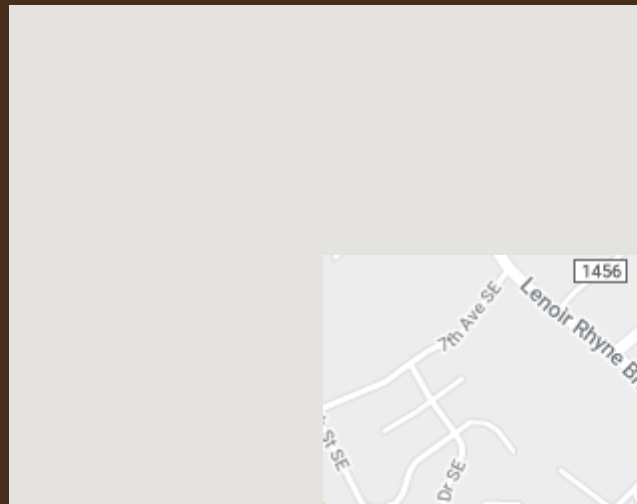
Tuesday: 12:00pm - 5:00pm

Wednesday: 9:00am - 6:00pm

Thursday: 9:00am - 12:00pm

Friday: 8:30am - 2:00pm

Our Office in Hickory, NC



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Charla Wall
Feb 04, 2021

5.0 ★★★★★



I have personally seen a total of 10 specialists for my debilitating spine condition for 10 years. I have completed countless ... [more](#)

